

## News For All Seasons



### ***Everyone counts. It's in the Constitution.***

The U.S. Constitution requires a census count every 10 years. The first census was in 1790. • The census covers the entire country and every person living here. The census counts every person living in the U.S. once (and only once) in the right place. You are counted based on where you are living on April 1, 2020. • You might be living in a group housing situation (like a dorm or nursing home), apartment, or house. You might be experiencing homelessness. Regardless of your living situation, you count as a Pennsylvanian. • It also doesn't matter what your citizenship status is, how old you are, or your gender. If you live here, you matter to the census.

***It's about fair representation.*** Neighborhoods change over time. The census captures increases, decreases, and changes in community demographics. • The census is used to decide how many seats each state gets in the U.S. House of Representatives. • Pennsylvania has 18 Congressional representatives. We used to have 19 but lost a seat after the 2010 Census. • State officials use the results to redraw U.S. congressional and state legislative districts.

***It's also about federal spending and programs.*** Census data are used to decide how \$675 Billion in federal public funding is spent every year. • Pennsylvania gets \$26.8 Billion annually from just our 16 largest federally-funded programs. That's about \$2,000 per Pennsylvanian each year. • These numbers may change depending on our 2020 Census count. • Federal funding supports many programs and services for Pennsylvanians, including healthcare, food assistance, education, transportation, housing, community development, families and more. • Specific programs you might recognize include: Healthcare: Medicare (Part B), Medicaid, CHIP, WIC, Healthcare Centers Food: SNAP (Food Stamps), School Breakfast Program, National School Lunch Program, Child and Adult Care Food Program Education: Federal Pell Grants, Federal Direct Student Loans, Title I Grants to Local Educational Agencies, Special Education Grants, Head Start Transportation: Highway Planning & Construction, Federal Transit Formula Grants, Federal Transit Capital Investment Grants Housing & Community Development: Very Low to Moderate Income Housing Loans, Section 8 Housing Choice Vouchers, Section 8 Housing Assistance Payments, Public and Indian Housing, Community Development Block Grant Entitlement Program, Public Housing Capital Fund Rural: Rural Electrification Loans and Loan Guarantees, Water and Waste Disposal Systems for Rural Communities, Rural Rental Assistance Payments, Business and Industry Loans, Cooperative Extension Services Families: TANF (Temporary Assistance For Needy Families), Title IV-E Foster Care, Vocational Rehabilitation Grants to States, Unemployment Insurance Administration, Adoption Assistance, Child Care Mandatory and Matching Funds

**To learn more about the 2020 Census and how you can support your community visit [PA.gov/census](https://PA.gov/census) or call *English* 844 330 2020, *Spanish* 844 468 2020 . **Have You Been Counted?****



**Suggested meal price:**  
**\$2.50. Milk is included**  
**with all meals.**



	1) Ham & Potato Casserole Roasted Asparagus WG Roll Peaches	2) Potato Pollock Sweet Potatoes Lima Beans WG Roll Pineapple	3) Chicken Breast Croissant Red Potatoes w/ Herbs Broccoli Au Gratin Pears	4 Hamburger WG Roll Baked Beans Roasted Corn Strawberries & Blueberries w/ Whip Topping
7) <b>Offices and            Centers            Closed</b> 	8) Honey Mustard Salmon Sweet Potato Wax Beans WG Roll Mandarin Oranges	9) Chicken Stew WG Biscuit w/ Apple Butter Spinach w/ Garlic & Olive Oil Apples w/ Brown Sugar, Cinnamon & Raisins	10) Apple Pork BBQ w/ WG Roll Home Fried Potatoes Peas Fruit Cocktail	11) Roast Beef w/ Gravy Potatoes Green Beans Granola Bar Applesauce <u><b>Hike menu</b></u> Roast Beef WG Bread Bean Salad Beets, Fruit Granola Bar
14) Vegetable Lasagna Porchetta Roasted Broccoli Pears	15) Chicken Patty WG Bun Sweet Potato Fries Brussel Sprouts Peaches	16) Green Pepper Casserole Scalloped Potatoes Beets WG Roll/Butter Applesauce	17) Turkey Tetrzzini Peas Glazed Carrots Pineapple Chunks	18) Boiled Ham Boiled Potatoes Boiled Cabbage WG Roll/Butter Tropical Fruit
21) Orange Juice Cheese Omelets Turkey Sausage Spinach WG Cinnamon Roll	22) Mediterranean Meatloaf Mashed Potatoes Green Beans WG Biscuit Apple Slices w/ Cinnamon	23) Chicken Marsala Orzo Peas Orange Sauced Veggies Oranges	24) Tuna Noodle Casserole Beets Roasted Carrots Peaches	25) Beef Tater Tot Casserole Butternut Squash WG Roll/Butter Fruit Cocktail
28) Chili Con Carne Roasted Asparagus WG Biscuits w/ Butter Pears	29) Pork Cantonese Brown Rice Stir Fry Veg- gies Tropical Fruit	30 Turkey Roll Ups WG Stuffing Turkey Gravy Candied Yams Cauliflower Au Gratin Applesauce		

# How to Keep Your Immune System Healthy

Eat Right Academy of Nutrition and Dietetics, Published October 23, 2018 Reviewed by Esther Ellis, MS, RDN, LDN.

Although you may not be able to fully prevent an illness this season, a healthy immune system is one way to give your body extra protection. Focusing on nutrient-rich foods and healthy lifestyle behaviors can help you and your family stay a step ahead.

## ***Immune-Supporting Nutrients***

The following nutrients play a role in the immune system and can be found in a variety of foods:

- **Beta Carotene** is found in plant foods, such as sweet potatoes, spinach, carrots, mango, broccoli and tomatoes.
- **Vitamin C**-rich foods include citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.
- **Vitamin D** is found in fatty fish and eggs. Milk and 100% juices that are fortified with vitamin D also are sources of this important nutrient.
- **Zinc** tends to be better absorbed from animal sources such as beef and seafood, but also is in vegetarian sources such as wheat germ, beans, nuts and tofu.
- **Probiotics** are “good” bacteria that promote health. They can be found in cultured dairy products such as yogurt and in fermented foods such as kimchi.

*Protein comes from both animal and plant-based sources, such as milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.*

## ***Focus on Balance***

To help keep your immune system healthy all year long, focus on a balanced eating plan, adequate sleep and stress management.

Aim for five to seven servings of vegetables and fruits daily to get vitamins, minerals and antioxidants that may support immune health.

Good hygiene and hand-washing help prevent the spread of germs. Remember to wash produce before eating or using in recipes. Clean glasses, forks, spoons and other utensils to reduce the spread and growth of bacteria.

Find healthy and appropriate ways to cope with stress, such as meditation, listening to music or writing. Physical activity also is a great way to help manage stress and may help reduce the risk of some chronic diseases that could weaken your immune system further.

Lack of sleep contributes to a variety of health concerns, such as a weakened immune system. Seven to nine hours is recommended each day for adults, and children need eight to 14 hours, depending on their age.

## ***What About Herbs?***

Many herbal remedies are marketed to help fight colds or shorten their duration but check with your health care provider before taking any supplements or medications. No one food or supplement can prevent illness.



# Hamlin Senior Center

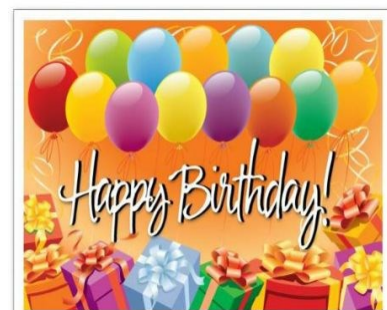


**HSIM (Healthy Steps In Motion Class)** Thur., 9/3/20, 10 – 11 AM  
**Labor Day Luncheon**– Fri., 9/4/20 – Wear Red, White & Blue  
**Walking In Motion** – Fri., 9/4, 9/11, 9/18, 9/25 at 10 AM  
**Labor Day** – 9/7/20– Closed in observance of holiday  
**Prompton DAM Hike** – Fri, 9/11/20, 10 AM – 1 PM  
**Brain Games** – Mons. at 10 AM  
**Chair Yoga** – Mon. at 1 PM – 9/14, 9/21, 9/28  
**Healthy Steps** – Wed., 9/2, 9/9, 9/16, 9/23, 9/30 at 10 AM  
**Shuffleboard Competition** – Fri's. at 11 AM  
**Zumba Gold** – Thurs. at 11 AM  
**Bingo** – Tues. at 10 AM and 1 PM. Please RSVP time frame preferred.  
**Mahjong** – Thurs. at 12:30 PM  
**MaryAnn's Craft Corner** – Tues. 9/10 Glass Painting and 9/24-Craft TBA at 10 AM  
**\*\*\*SCHEDULE SUBJECT TO CHANGE\*\*\***

## SEPTEMBER BIRTHDAYS

Linda Nicholson	9/1
Donna Schreyer	9/5
CarolAnn McMurdy	9/6
Midge Rank	9/8
Judy Sadlon	9/14
Dick Martin	9/23

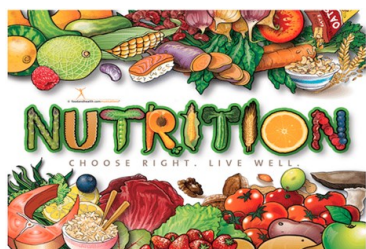
Judy Restaino	9/1
Linda Bertedotti	9/6
Alek Stanku	9/7
Joseph Attard	9/9
Andy Weis	9/18
Mary Porto	9/29



## HAMLIN/LAKE ARIEL ROTARY CLUB DOES IT AGAIN!!!

The Hamlin/Lake Ariel Rotary Club came together on Tuesday night, 7/28/20 to stain the Hamlin Senior Center Pavilion. The pavilion was a gift from the Rotary club presented to us a couple years ago. A BIG thank you goes to every member who dedicated their time, energy and resources to beautifying our yard. The Hamlin/Lake Ariel Rotary Club have provided food donations over the years and most recently presented a donation in memory of Dolores Garvin. We wish to thank the Rotary Club for keeping the Hamlin Senior Center as one of their community priorities. We are very appreciative.

Submitted by: Becky Klepadlo



Constant exposure to our environment, the things we eat, and stresses from both inside and outside our bodies all cause us to age over time. Fortunately, a well-balanced diet full of essential nutrients can help support a healthy life. Watch our short films on nutrition and healthy aging to learn more about the biological processes of aging, how we can maintain healthy throughout our lives with healthy lifestyles and nutrition, and how scientists are learning more about the specific nutrients that positively impact aging.

You can also learn more about malnutrition, a condition that can happen to anyone but becomes more common as we age. A short film covers who is at risk for malnutrition, the debilitating impact it can have on older adults, tips for identifying the condition, and how it can be treated and prevented. Additionally, a tip sheet for healthcare professionals helps identify at-risk patients, screen for malnutrition, and personalize treatment plans. <https://www.agingresearch.org/health-topic/nutrition/> The videos offer a lot of information and are fun to view. There is no better time than now to work on our health and improving our immune systems. Submitted by: Becky Klepadlo

## **Hawley Senior Center**

Another month has gone by and we find ourselves still dealing with COVID-19. Wayne County remains pro-active and encourages everyone to practice all safety measures.

Wash your hands regularly, sanitize items before and after use, practice social distancing and wear your masks. Remember your mask must cover your nose and mouth to be effective. And also, it is important to change paper masks and wash fabric masks on a regular basis.

### **Events at the Hawley Center Continue.**

BINGO - Tuesdays and Thursdays from 1pm to 2pm

CERAMICS – Wednesdays from 10:30 am to 2:30 pm

EXERCISE – Mondays, Wednesdays & Fridays from 10:30am to 11:30am

EXERCISE EQUIPMENT – Available every day from 9am to 3pm

TAI CHI – Mondays from 1pm to 1:30pm (Call ahead for information)

WORD \* MIND GAMES – Every day. Come test your acumen and cleverness!

Lunch is served every day at Noon. We have our drive-thru open for meal pickups from 11:45am to Noon. To order - call by 1pm the day before. 570-226-4209

Thank you for your support while we try to serve you as best we can in these difficult times.

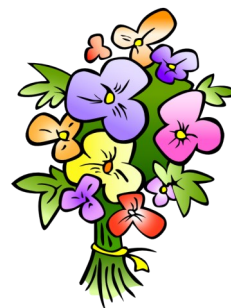


Picture of our Covid-19 bingo players.  
GO “**TEAM BINGO!**”

### **Birthdays for September:**

Robert Gallick, Cathy Santos, Ernie Seagraves, Marilyn Berne, Nancy Hartmann, Mary Benko, Judy Reisel, Karen Thompson, Richard Martin, Buck Evans, Marie Peck, Dorothy Case, Carol Brandt, Marge Valenta.

*Happy Birthday*



## **Northern Wayne/Lakewood News**

Northern Wayne Fire Hall is not allowing public use of their building until further notice. Therefore we will have to postpone our Satellite in Northern Wayne (1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month) indefinitely.





# **Honesdale Senior Center**



August Birthday: Eileen Cook



Bingo restarted, on a trial basis, without advertisement, on July 22, 2020. It was the first time we played the games, since COVID-19 stopped us in our tracks. Marie made social distancing a high priority and our seniors used disposable bingo cards and markers or crayons which they will keep and bring back when they come for Bingo on Wednesdays. A great deal of thought and preparation went into this. Everyone was so excited to play again.



Volunteers received a bag with assorted gifts consisting of a shirt, hat, pack of flower seeds, leadership pin, face mask, activity book and a certificate of appreciation for their volunteer efforts, all the while social distancing. They have other years enjoyed a luncheon, but due to COVID-19 restrictions the luncheon had to be canceled. Our seniors were thrilled to receive their gifts.



## **HONESDALE ACTIVITIES**

### **SUBJECT TO CHANGE AND LIMITATIONS**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9-10 Exercise on FACEBOOK "Mondays with Marie"	10:30- 11:30 Exercise 1:00 – 4:00 Billiards	11:00 -12:00 Tai Chi 11:30 Painting Class 1:00 Bingo	1:00 – 4:00 Billiards	10:30 – 11:30 Exercise

The Wayne County Public Library presents the following programs:

**Tea and Scones with a fall theme**--Join us on **Sunday, September 13 from 12:30 to 2:30** for *tea and scones*. It will be an afternoon of activities, crafts, and of course reading the tea leaves. (Due to the coronavirus we are unable to hold our usual afternoon tea but come to our revised version.) As you register you will be seated with your group. Tables will be spaced 6 feet and more, **masks are required**. Please bring your own teacup and saucer and dessert plate.

**Lunch and Learn series**--(Please bring a bagged lunch. We will provide bottled water and individually wrapped dessert.)

**September 23, Wednesday, 12:00 to 1:00**--Michael McGraw PT, DPT of Pivot Physical Therapy presenting ***Working from Home--Home Station Ergonomics***---Learn how to set up your home workstation to stay pain and injury free while working from home.

**October 7, Wednesday, 12:00 to 1:00**--Barbara Griggs-Pratt MA, RDN, LDN, Clinical Nutrition Manager of WMH presents ***We are all on a budget for the things we buy & we all HAVE to purchase food!*** Especially given recent events, we may have less \$ than before AND food costs have risen! We'd like to provide tried & true measures to assist healthy food buying on a budget and explain which foods truly are healthy and affordable, along with ways to reduce food waste.

**October 21, Wednesday, 12:00 to 1:00** --To Be Announced.

**Literary Holiday Series**---For the month of September our theme is "Dear Diary". Email your funniest, worse, or best coronavirus day this past year. Be sure not to exceed one paragraph. We will post the best ones on Face Book.

Contact Elizabeth at [ewilson@waynelibraries.org](mailto:ewilson@waynelibraries.org) or 570-253-1220 to register or with questions.







*Did you know?*

The Salvation Army's Ladore Lodge along with Representative Jonathan Fritz are pleased to announce this year's **"Drive Through Senior Expo"** scheduled for **Thursday, October 29, 2020 from 10-12 pm at Ladore Lodge, 398 South Street Waymart, PA 18472**. Due to this year's safety concerns, current social distancing guidelines, mask requirements and sanitation issues, we will be hosting a **"Drive Through"** event instead of our traditional in person Expo. The Senior Expo provides an excellent opportunity for the area seniors to obtain vital information from businesses providing them with products and services.



**The Wayne County Transportation System** operates in service to the citizens of Wayne County. To ask about transportation options, please check out our area of the Wayne County website, under Human Services, or call us at **570-253-4280. Monday through Friday 8 AM to 4 PM.**





## Ask The Expert: FACE MASKS

Question: Since Face Masks have become “normal”, I’ve noticed that I’m having more difficulty hearing and understanding. I don’t think I have a hearing loss, but why is it so hard?

Answer: There are actually multiple reason communication is difficult with masks. None of our senses work well alone...they usually work together. Without smell, food doesn’t taste right; without sight, hearing is not as sharp. Research has shown that normal hearing people lip-read about 50% of conventional speech and that percentage goes up

when background noise is present. People with hearing loss may lip-read 70-80% and severely hearing -impaired people depend on lip-reading up to 100% so, reading lips is really a natural part of hearing. Masks take away the visual cues we rely on for optimal hearing.

Face masks also impede the transmission of sound. We know that as sound travels from a person’s mouth, the intensity or volume of the sound decreases by 6 decibels for every 3 feet of distance. This is significant and why we recommend you be in the same room with your conversation partner. Now, imagine the sound waves have to travel through a layer of fabric before going to your ears. It’s another barrier to the sound traveling through the air to your ears.

Lastly, many face masks are worn so tightly around the nose and face that the speaker sounds like he or she is talking with a sock in his/her mouth. The lack of clarity of speech going through the mask is another burden.

### Solutions:

1. Have your hearing checked. Untreated hearing loss makes hearing with masks more difficult.
2. Face masks with a clear plastic over the mouth are easier to lip-read through. If communication is necessary for the work you do, you may want to invest in these.
3. Ask people to slow down, speak a little louder and state the topic of conversation.

Scranton Times. Ross Audiology Services, 44 N. Main Ave, Scranton [www.rossaudiology.com](http://www.rossaudiology.com) (570) 344-9970





**American  
Red Cross**

**We are now offering a Virtual Family Assistance Center (VFAC) to support families struggling with loss and grief due to the ongoing coronavirus pandemic.** Those interested or in need of services can visit [redcross.org/VFAC](https://redcross.org/VFAC) to access a support hub with special virtual programs, information, referrals and other services to support families in need. The hub will also connect people to community resources provided by partners in their area, including here in Northeastern Pennsylvania Chapter Of the American Red Cross.

All support is provided virtually and is completely confidential and free.

We recognize that many families have experienced a disrupted bereavement and grief process due to restrictions related to COVID-19 and to help, we have set up a virtual team of specially trained volunteers who are:

- o Connecting with families over the phone to offer condolences, support and access to resources that may be available.
- o Providing support for virtual memorial services, including connecting families with local faith-based community partners.
- o Sharing information and referrals to state and local agencies as well as other community organizations.
- o Hosting online classes to help foster resilience and facilitate coping skills.

We also understand that some individuals in need of these services may not have reliable access to the internet. To meet this need, we have established a toll-free number (1-833-492-0094) available daily from 8:00 a.m. to 8:00 p.m. EST. There they will reach a trained Red Cross volunteer available in English or Spanish. Additional information can be found at [www.redcross.org/vfac](https://www.redcross.org/vfac).





***Do you or a loved one have trouble with your hands, seeing, hearing, speaking, etc?***

Tech OWL, Pennsylvania's Initiative on Assistive Technology, is here to help you to live your best life as independently as possible! There is no cost to those participating in the program.

We accomplish helping you develop independence in several ways:

**\*Problem-Solving      \*Device Demonstration**

**\*Free Phone Program      \*Re-Use Program**

**\*Lending Devices to Try .**

We can help whether it is a life-long issue or a short-term impairment like recovering from surgery or an injury. We work with people of all ages and all limitations or impairments. **Contact Heather at UCP by phone 570-347-3357 or email [atrc@ucpnepa.org](mailto:atrc@ucpnepa.org).**

## **NAMI of NORTHEASTERN PA**

PRESENTS

### **WAYNE COUNTY**

#### **MENTAL HEALTH SUPPORT GROUP**

**Date EVERY 1<sup>ST</sup> & 3<sup>RD</sup> THURSDAY**  
**OF THE MONTH**

**Time 7-9P.M. @ THE LAKEVILLE FIREHOUSE,**  
**LAKEVILLE**

NAMI is the National Alliance on Mental Illness. Its affiliates and volunteers work to raise awareness and provide essential and free education, advocacy and support programs.

The Wayne County group will provide support for persons living with mental illness, family members, professionals, and friends. We come together to share and take comfort in the commonality of their experiences and to educate members of their communities about serious brain disorders.

**FIND HELP. FIND HOPE.**

**YOU ARE NOT ALONE IN THIS FIGHT.**



## **NAMI Support Group of Wayne County**

For further info:

Contact JoAnna Van Tine : 862-210-0029





***“Optimism is the faith that leads to achievement..  
Nothing can be done without hope and confidence.”***

***Helen Keller***



Be Good To You!

COVID-19: the most hated phrase of the year. Everywhere we turn we're bombarded with negative news. And tons of advice. Do this, don't do that, don't go there, stay away from others .... The recommendations and mandates drone on and on.

These all highlight physical health, but what about our emotional well-being? Emotional and spiritual health both greatly contribute to our physical health. We need to take care of ourselves in all ways.

This year's been STRESSFUL! The pandemic, rallies and uprisings, politics, weather and more. It's truly exhausting. The world doesn't seem to be willing to give us a break. We CAN do things to ease the strain.

Limit the time watching the news. News is a business and, unfortunately, more viewers are attracted by negative news. Get the headlines if you must, then go to something more relaxing...a show or old movie that brings peace and/or laughter.

We are all frustrated and sometimes ready to snap. Try to let the little stuff go. In the grocery store, if someone isn't wearing his mask properly, just go to another aisle until the person moves on. It is not worth the upset or possible danger of a confrontation. Re-think the route, hum a silly song and move on.

If someone is following too closely behind when driving, slowing down is most usually only going to cause aggravation. Just pull off, let the person go around. It's a couple of seconds added to the trip and now the drive is again safe. Forget It, Drive On (FIDO)

Try to find three things each day that are positive and bring joy. A bird in flight, the movement of leaves in the breeze, wildflowers along the road, the smell of freshly mown hay, the changing colors of the sky. Better yet, see how many you can count during the day. Not only does this accentuate the positive in your life, it semi-removes you from what may be negative around you. Anonymous

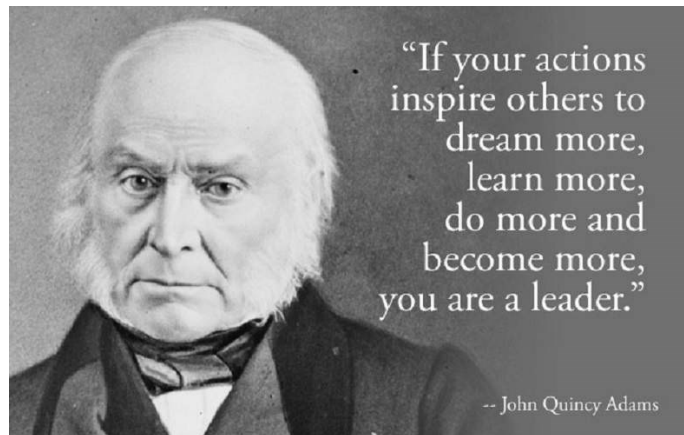




**SHARE** is an affordable housing choice that brings together homeowners who want to share their home with home seekers who are looking for housing in exchange for rent, help around the house, or a combination of both. The home seeker receives their own bedroom and agreed upon use of the common areas. Every arrangement is unique depending on the needs, preferences, and abilities of the participants involved.

Anyone over 18 is eligible for this program. Homes must be located in Monroe, Pike or Wayne Counties. Each home must have a designated bedroom for the Sharer.

For more information please contact Larisa Yusko at (570) 832-5133 or [lyusko@pikepa.org](mailto:lyusko@pikepa.org)



## **Retired & Senior Volunteer Program of Berks, Pike & Wayne Counties**

### **Volunteer Opportunities**

#### **Wayne County Food Pantry**

-packers/ distribution day, warehouse pallet assembly

#### **American Red Cross**

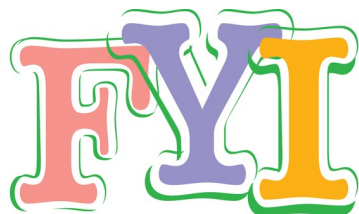
-Blood Donor Ambassador, Pillowcase Project, Recruitment

#### **Serving Seniors, Inc.**

-Ombudsman

**Dawn Houghtaling, RSVP Coordinator**

**Call: 570-390-4540 or Email: [houghtalingd@diakon.org](mailto:houghtalingd@diakon.org)**



• FOR YOUR INFORMATION •

Wayne County's Information and Referral Program is a FREE and confidential service connecting people to services in Wayne County. 1-866-253-5986 toll free or in the 253 exchange 570-253-5986. Also, contact 211 of Northeast PA 24 /7. Text 898211 with your zip code and question. Or on line at: [www.pa211ne.org](http://www.pa211ne.org). Toll free 1-855-567-5341



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**Honesdale Center** Earl J. Simons Center 323 10th Street, Honesdale, PA 18431 570-253-4262/570-253-9115 fax. End of 10th St. across from Stone Jail

**Hamlin Center** Salem Township Building, 15 Township Bld. Rd, Route 590 Hamlin, PA 18427 570-689-3766 // 570-689-5002 fax Route 191 South to Hamlin 4 corners turn right onto 590 West, go 1/2 mile turn right after UPS Sign

**Hawley Center** Robert J. Drake Senior Community Center 337 Park Place, Bingham Park Hawley, PA 18428 570-226-4209 // 570-226-3422 fax Route 6 to Hawley, past ball field across from Mayor's office, just before bridge, left onto Park St

**CANCELLED UNTIL FURTHER NOTICE : Northern Wayne satellite** @ Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439 570-798-2335 (fire co) Meetings March-October - 1st & 3rd Thursday; Meetings November-February—1st Thursday only

**Transportation** 323 10th Street, Honesdale, PA 18431; 8:00 am-4:00 pm [www.waynecountypa.gov](http://www.waynecountypa.gov) go to "human services" click on "transportation" 570-253-4280; out of 253 exchange 1-800-662-0780

**Wayne County Veterans Affairs Representative:** 323 10th Street, Honesdale: For an appointment call 570-253-5970, ext 3114 or email: [va@waynecountypa.gov](mailto:va@waynecountypa.gov)

**The Wayne County Adult Day Service** will reopen 6/29/2020. We are accepting applications for new participants. To contact the Hawley Center please call: 570-390-7388; fax 570-390-4564

**Wayne County Area Agency on Aging**  
**323 Tenth Street**  
**Honesdale, PA 18431**  
**570-253-4262 / 570-253-9115 fax**  
**Elder Abuse/Protective Services:**  
**800-648-9620**

PLEASE  
PLACE  
STAMP  
HERE

